



RUSSELLVILLE INDIAN STRENGTH & CONDITIONING

Timothy Rulo ~ Head Strength Coach ~ trulo@coler1indians.org ~ (314) 210 – 0209

2025 Summer Athletic Enhancement Schedule

DATE(S)	ACTIVITY	DAY(S)	TIMES
Week of 5/20	7th - 12th Grade Optional Weightlifting	M, T, W, Th	8:00a - 9:00a 5:30p - 6:30p
Week of 5/26	Athletic Enhancement	T, W, Th	6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls)
Week of 6/2	Athletic Enhancement	M, T, W, Th	6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls)
Week of 6/9	Athletic Enhancement	M, T, W, Th	6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls)
Week of 6/16	Athletic Enhancement	M, T, W, Th	6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls)
Week of 6/23	Athletic Enhancement	M, T, W, Th	6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls)
Week of 6/30	Russellville Dead Period (June 28th – July 6th) There will be NO weightlifting activities during this time!		
Week of 7/7	Athletic Enhancement	M, T, W, Th	6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls)
Week of 7/14	Athletic Enhancement	M, T, W, Th	6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls)
Week of 7/21	Athletic Enhancement	M, T, W	6:00-7:30a (High School Boys & Girls) 7:30-9:00a (High School Boys & Girls) 9:00-10:00a (4th-8th Grade Boys & Girls) 5:30-6:45p (4th-12th Grade Boys & Girls)

OTHER NOTES:

- We are here to help you become the best athlete and young person you can be. We will adjust workouts according to ability, schedule and experience.
- If these times do not work, please contact Coach Rulo. We can make something work!